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# Naval Ambulatory Care Center

## Patient Information Newsletter

VOLUME 1, ISSUE 1

SPRING 2006

### New Clinic Hours at NACC Groton

Effective 1 May 2006, Naval Ambulatory Care Center Groton (NACC) will be closed on Sundays. This decision was prompted by decreased utilization of the Sunday Clinic and also a continued increase in the operational deployments of our medical staff. This change will enable us to increase appointment availability for beneficiaries on our most utilized days - Monday thru Saturday- by shifting staff to those days. Ancillary services, pharmacy, radiology and laboratory will continue to operate under the same hours of operation. These services are available on Saturdays only for patients seen in the clinic that day. Prescription refills, new civilian prescriptions, new civilian blood work requests and civilian

X-ray requests can be processed Monday-Friday from 0730-1800.

To access care when NACC Groton is closed, please call the Naval Health Care New England Appointment Call Center at 1-888-NAVY MED. The Call Center is available 24/7 to assist you in scheduling appointments for the next business day, assist you in contacting your Primary Care Manager for medical advice or to help you request authorization for urgent care. Visit our web site <http://nhcne.med.navy.mil> for information on urgent care clinics in the area. As always if you have a true emergency (i.e. threat to life, limb or sight), call 911 or immediately go to the nearest Emergency Room.

We appreciate your comments and concerns. Please give us your feedback on how we can serve you better. Log on to: <http://ice.disa.mil> and visit our Customer Focused Feedback System. Your voice counts!

#### Hours of Operation:

Monday-Friday 0730-1800

Saturday: 0800-1600

Sunday: Closed

Open all Holidays except:  
Thanksgiving, Christmas and New Years Day.

\*\* Starting 1 May 2006, inpatient admissions at Lawrence and Memorial Hospital will be handled by L&M staff versus NACC Groton providers. Our providers will continue to provide pediatric inpatient coverage.

### NHCNE PREFERRED MEDICATION LIST

The mission of the NHCNE Pharmacy Program is to provide quality pharmaceutical care to all who entrust themselves to our care, in peace and in conflict and to maintain an operationally ready medical force.

All military pharmacies are required to operate an effective, efficient, integrated

pharmacy benefits program. In an effort to standardize policies between the many facets of the Military Health System, NHCNE pharmacies will begin utilizing a Preferred Medication List or formulary effective June 1, 2006

Log onto our website for the NHCNE Preferred Medication List: <http://nhcne.med.navy.mil/services/pharmacy/formulary.asp>

# May is Physical Fitness Month

If you are like millions of Americans who need to lose a few pounds of fat then aerobic, strength training and stretching activities are important to you. Some people try dieting alone, which in the long run can result in an overall weight gain. Physical activity in conjunction with sensible eating increases the number of calories that your body burns up and helps develop more muscle mass, which will burn even more calories when you're not exercising.

## Why exercise

• Improves Metabolism	• Reduce stress
• Increases Energy Level	• Decrease Depression
• Controls Appetite	• Builds Muscle Mass
• Promotes Posture	• Increases Flexibility
• Builds Self-Esteem	• Strengthen Bones
• Reduces Body Fat	• Reduces Fat Stores
• Raises HDL/Lowers LDL	• Manages Weight
• Lowers Blood Pressure	• Increases Lung Capacity
• Improves Heart Function	• <b>IMPROVES PFA SCORES</b>

*When it comes to exercise, the more you are willing to work at it, the more progress you will see.*

## How to start

If you are ready to start exercising, then do it. Don't wait until next week, or even tomorrow. As you begin or advance an exercise program, prepare yourself for success. Set some long and short term goals for yourself, and be realistic. Understand that your body will respond to your workouts, but at its own pace. The more you are willing to work at it, the more progress you will see.

## The S.M.A.R.T. goal setting guidelines

When designing or beginning an exercise program ensure your goals are **SMART!**

<b>S</b> pecific	<b>M</b> easurable	<b>A</b> ttainable	<b>R</b> elevant	<b>T</b> imebound
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## Weight loss and Exercise

If your long term goal is to lose weight, realize that you may not see any weight loss in the first month. As your body is burning up fat, it is developing muscle. The good news is that muscle is much more dense than fat, meaning that you'll probably see a loss in inches before you see a loss in weight.

As you develop more muscle mass, your resting metabolic rate will increase. That is the rate at which your body burns up calories when you are at rest. Muscle is active tissue, unlike fat, and burns calories. Therefore, the more muscle mass you have, the more calories you will burn, even while you're sleeping!

### Three Primary Components of a Complete Fitness Program

- Aerobic (Cardiovascular) Activity: activity that requires the body to use oxygen. Examples include: walking, swimming, biking, hiking and jogging
  - o Aerobic activity should be based on Target Heart Rate Range which should be 60-85% of Maximum Heart Rate
    - ✦ 30 year old: 114-162
    - ✦ 40 year old: 108-153
    - ✦ 50 year old: 102-145
- ✦ Strength Training: Anaerobic exercise which means that the body does not require use oxygen. Examples include: weight training, push-ups, crunches, and sprinting
- ✦ Stretching (flexibility): Flexibility is the maximum ability to move a joint through a maximum range of motion. It plays an important role in preventing injury to muscles, ligaments and tendons.

## How to exercise right

- Always Warm Up Before Exercising: Begin slowly by walking, jogging, or doing some other light aerobic activity to slowly increase your heart rate.
- Always allow at least one day of rest between strength training the same muscle group. It is during this rest time that your muscles actually rebuild themselves and grow stronger.
- Always Cool Down After Exercising. Walk, jog, or do another light activity to allow your heart rate to gradually slow down.
- Special caution should be used when exercising in hot weather. Decrease both the intensity and the time of your workout. Remember to drink plenty of water.
- Stay hydrated by drinking water often and before thirst dictates. Drink as much water as physically comfortable 15-20 minutes before exercise
- Change your daily workouts to avoid overuse injuries. You may want to run some days, and cycle or swim on others. Give your body time to rest and heal. Overdoing it can lead to a variety of injuries, including stress fractures and tendonitis.
- **IF YOU THINK YOU CAN, YOU CAN...IF YOU THINK YOU CAN'T, YOU WON'T!!!!!!**

*Depression in men is often undiagnosed which contributes to the fact that men are 4 times as likely to commit suicide.*

# June is Men's Health Month

## What Men are up against?

- Men more often than women ignore health
- Men are less likely than women to consume a healthy diet
- Men are more likely than women to drink alcohol
- Men are more likely than women to be overweight
- Men outnumber women in all types of reported sexually transmitted infections
- Women are 100% more likely to visit the doctor for annual examinations and preventive services than men
- Women outlive men by an average of seven years
- Men, on average, die almost six years earlier than women.
- By the age of 100, women outnumber men eight to one
- Men die at higher rates than women from the top 10 causes of death
- Men are more likely to smoke than women
- Male smokers on average smoke more cigarettes than female smokers.
- Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women

## What Men can do

- Find and access a health care provider whom you feel comfortable with
- Be open and honest about your health habits and concerns with your health care provider
- Be a participant in your health. Provide your provider with information and don't be afraid to ask questions.
- See your provider regularly. Don't wait until you are sick. Some conditions don't have symptoms but can be found during routine health maintenance check-ups.
- Eat a low-fat diet every day and include all of the food groups
- A diet that is low in saturated fats and comprised of whole grains, fruits and vegetables are important in maintaining good health.
- Get six to eight hours of sleep every night
- Avoid smoking. If you smoke try to quit. Smoking cessation has immediate health benefits
- Avoid drinking large amounts alcohol.
- Exercise regularly. Be sure to include aerobic, strength training and stretching
- Use condoms. Condoms are the most effective way to reduce the risk of contracting a sexually transmitted infection during sex.

# Naval Safety Center Safe Tips\*

## Bicycle Safety

- Wear a helmet.
- Wear comfortable, brightly colored clothing.
- Wear a reflective vest from dusk until dawn.
- Use lights and reflectors from dusk until dawn.
- Wear gloves.
- Wear shatterproof glasses (UV/IR protective).
- Check your tires for nicks, cuts and wear before each ride, and ensure the tires are inflated properly.
- Make sure all the nuts, bolts and connectors are tight.
- Make sure your brakes work and the cables are lubed.
- Make sure the saddle is tight.
- Make sure the handlebar grips are tight.
- Ride with a basic tool kit, basic first-aid kit, and some money for a phone call or a cab ride if you run into trouble.
- Bring water.
- Never ride off-road alone.
- Stay off sidewalks. Slow-moving pedestrians are as dangerous to you as you are to them.
- When riding in the street, obey traffic signals and traffic laws.
- Use hand signals when turning.
- Make eye contact with drivers, pedestrians and other cyclists to be sure they see you.
- Walk your bike across crosswalks.

\* Courtesy of the Naval Safety Center ([www.safetycenter.navy.mil/satetips](http://www.safetycenter.navy.mil/satetips))



# Health Promotion Offerings

NACC Groton  
1 Wahoo Street  
Groto, CT 06349

Phone:  
860.694.3104  
Fax: 860.694.5585

**Naval Health  
Care New  
England**

## Offerings

Tobacco Cessation Courses

Glucometer Class

Weight Management Education

Healthy Heart Education

High Blood Pressure Education

Diabetes Nutrition Education

Health Fairs

GAMEPLAN (Lifestyle Modification Program)

SHIPSHAPE (Active Duty Only)

Command/Unit Specific General Military Training

Community Activities